Myotone®

Facial Toning System

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USER MANUAL

Myotone® is a non-invasive cosmetic toning device that rejuvenates and renews your facial appearance safely and effectively at home. This device delivers low level microcurrent impulses to strategic locations on the face and allows the user to adjust settings from 0 to 480 microamps for a personalized comfort level. Our patented procedure for facial toning is on the cutting edge of microcurrent technology. Regular use of your Myotone® device will result in a more vibrant and youthful looking face.

In order for this device to work properly, it is important to first apply the Myotone® Conductive Gel to the skin areas that are being treated. Gently apply the Myotone® to strategic areas of your face as outlined in this manual. The Myotone® has 3 toning settings to adjust to your comfort level. Using your Myotone® for just 5-10 minutes a day will provide you with a vibrant more youthful looking face!

The Myotone® System includes the following:

1. Myotone® Device
2. Myotone® Conductive Gel (4 fl. oz.)
3. Myotone® Charger (Power Adapter)
4. Myotone® Internal Battery Pack (Only replaceable by manufacturer)
5. Myotone® Instructional DVD
6. Myotone® User Manual

Indications for Use and Intended Use

The Myotone® Facial Toning Device is intended for facial stimulation and is indicated for over-the-counter cosmetic use.

The Myotone® System

1. Myotone® Device

A Dual Electrode Tips

B On/Off Button and Toning Level Toggle Button

C Toning Level and Charging Indicator Lights

Myotone® General Specifications:
Measures approx. 7.5” L x 2.2” W x 2” H Device Net Weight is approx. 5.6 oz.
System Kit Gross Weight is approx. 1lb.8.6oz Made by Myo Technologies, Inc. in the USA

2. Myotone Conductive Gel

- 4 fl. oz. (Conductivity Gel)
- **Product Description**: Clear gel for conductivity.
  This product is water soluble.
- **Ingredients**: Purified Water, EDTA Disodium, Propylene Glycol, Diazolidinyl Urea, Iodopropynyl, Carbomer, Glycerin and Triethanolamine.

Myotone Elite System

Additional Myotone® Conductive Gel can be ordered from our online ordering store at **www.myotone.com** or by calling us toll free at **1-877-969-2811.**

Additional Items Included:

3. Myotone Charger (Power Adapter)

Input : 100-240v Output 5v
Note: For use only with the Myotone Unit and is not approved for any other device.

4. Myotone Internal Battery Pack

2 (3.7) V Rechargeable Lithium Ion batteries
Note: Battery Pack is not replaceable by user. Please call the manufacturer for replacement.

5. Myotone Instructional DVD

Directions for use of your Myotone

6. Myotone User Manual

Directions for use and precautions

Before Using Your Myotone®

- Remove the Myotone® device and power adapter from the package.
- Plug your device into a working electrical outlet using your power adapter. The Myotone® must be charged for 6 hours prior to your first treatment. Following the initial charge, once every week to 2 weeks is sufficient. **Note:** The green LED "Toning Level" light will flash if the battery is getting low.
- When the provided charger is plugged into your Myotone®, the green LED indicator lights on your Myotone® will flash and cycle through all three toning levels one at a time, 1-2-3, indicating the device is charging. When the device is fully charged, all three of the green LED lights will remain solid, at that point your Myotone® is ready to use. Disconnect your device from the power adapter and turn it on by pressing the On/Off button.
- Do not use your Myotone® while connected to the power adapter. The Myotone® will not function while plugged into a power source.
- You may adjust the toning level to your comfort by repeatedly pressing the On/Off button. Each time you press the On/Off button your Myotone® will advance through Toning Levels 1, 2, 3 and then turn off. With the Myotone off press the On/Off button once for level 1, twice for level 2, three times for level 3, and four times to turn your Myotone® back off. **Note:** To turn your Myotone off from toning level 1, press the On/Off button three times. From Toning Level 2, press On/Off button twice. From Toning Level 3, press On/Off button once.
- Always cover the area being treated with Myotone® Conductive Gel.
- When your device is turned on, an electrical current is emitted through the electrode tips. For proper conductivity, make sure that both electrode tips are always touching the skin at the same time.
- Begin your Myotone® treatment as described on page 8 of this manual. Watch the Myotone® Instructional DVD for additional help.
- Remember to turn your Myotone® off after every treatment.

Note: Your Myotone® device will not contract your muscles nor cause them to twitch. You may feel a slight tingling sensation, although some users will not feel a sensation at all. The current can be sub-sensory because it mimics the brain's natural current and thus is very, very small. If you do not feel the current it is OK. As long as the green LED light is on (matching the toning level you have selected) your Myotone is functioning properly. However, if the sensation does becomes unpleasant, lower the toning to level 1. When used correctly, the current can be very soothing.

Myotone® Usage Instructions

Personal Preparation

To gain optimal results, start by cleansing your face with a non-oil based cleanser. It is recommended that men cleanly shave any unnecessary hair from their face before use. Exfoliating the areas to be treated 1 to 2 times per week should allow for even better results.

Position yourself in front of a mirror in a well-lit room. Once you become familiar with the proper placements of your Myotone® device, you may choose to perform your treatments without the use of a mirror.

Apply the Myotone® Conductive Gel to only one side of your face at a time. Apply a small amount of conductive gel to the dual probes of the Myotone® device. Use just enough gel to completely cover the probes. If the gel begins to dry during your treatment, reactivate the gel by applying a small amount of water to the area being treated. For best results, the Myotone® Conductive Gel is recommended. Aloe Vera or other water based gels with enzymes may cause wearing to electrode tips.

For best results, use your Myotone® system 5-7 times per week for the initial 5 weeks. Use the system 3 times per week for the next 2 weeks, and then 2 times per week for the following two weeks. After that you only need to use your Myotone® system once per week for maintenance or if you feel you need a “Myo-boost”.

Do not use your Myotone® in any way other than directed in this instruction manual.

Basic Techniques

Directions- Face

1. Apply the Myotone® Conductive Gel.
2. Position both probes just above your jaw line on the points marked, ● and ●. Hold for 4 seconds. (*Fig. 1*)
3. Reposition the probes on the points marked ● and ● . Hold for 4 seconds. (*Fig. 1*)
4. Position both probes under your cheek bone on the points marked ● and ● . Hold for 4 seconds. (*Fig. 1*)
5. Reposition the probes by your hairline on the points marked ● and ○. Hold for 4 seconds. (*Fig. 1*)
6. Position both probes under your cheek bone, to the side of your mouth on the points marked ● and ●. Hold for 4 seconds. (*Fig. 2*)
7. Reposition the probes on the points marked ● and ●, in the center of the cheek area. Hold for 4 seconds. (*Fig. 2*)
8. Lastly, reposition the probes on points marked with ● and ○ near the back of your cheek. Hold for 4 seconds. (*Fig 2*)
Repeat each step 2 times.

Figure 1

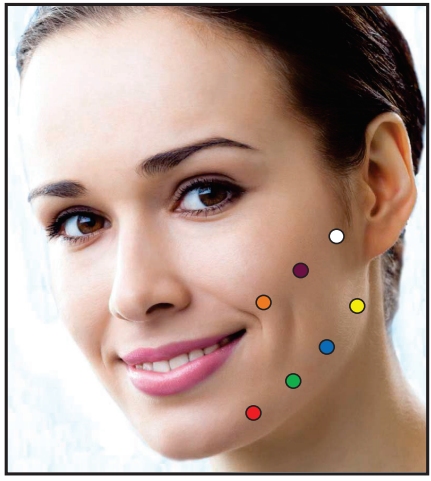
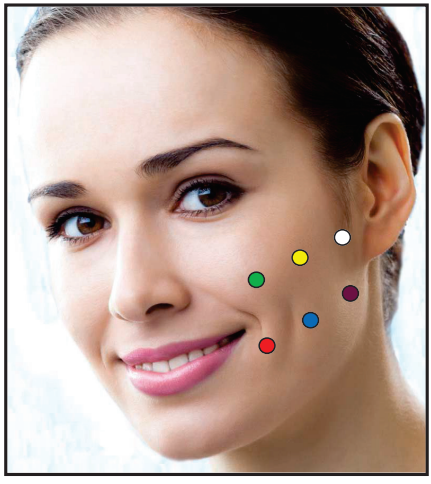


Figure 2



Basic Techniques

Directions- Forehead

1. Apply the Myotone® Conductive Gel.

2. Position the probes above your temple on the points marked and . Hold for 4 seconds. (*Fig 1)*

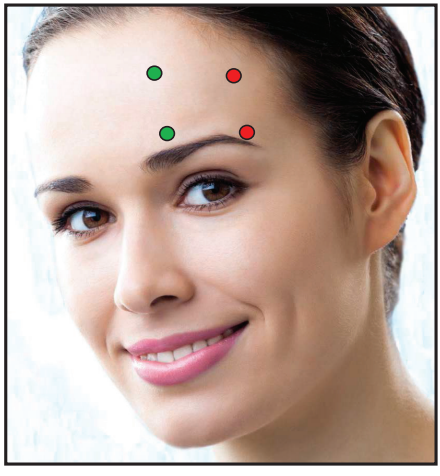
3. Reposition the probes above the center of your eyebrow, on the points marked and . Hold for 4 seconds. *(Fig 1)*

4. Be sure to keep the probes just above your eyebrow. Do not let the probes touch the eyes or eyelids.

Repeat each step a total of 2 times. When completed, repeat the steps on the opposite side of your face.

NOTE: The Myotone® Instructional video mentions lowering toning level to 1 during this movement. This is not a necessary change unless discomfort occurs.

Figure 1



Advanced Techniques

Directions- Eye and Temple

1. Position the Myotone® probes at the points marked○ and○ . Hold for 4 seconds. ***(Fig 1)***

2. Then move the Myotone® in a swooping "J" motion slowly in the direction of the arrows for a count of 4 seconds. Hold at the end of the move near your temple for 2 seconds. ***(Fig 1)***

3. Reposition the probes on your temple on the points marked● and●. Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows up to your hairline. ***(Fig 2)***

4. Reposition the probes on the points marked ● and●. Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows up to your hairline. ***(Fig 2)***

Repeat each step 2 times on both sides of face.
***Note: We do recommend only using settings 1 or 2 around the eye area.**

Figure 1

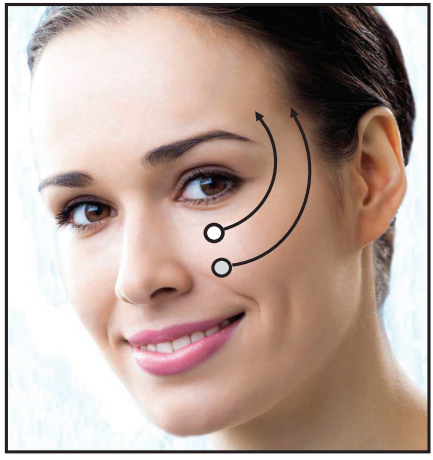
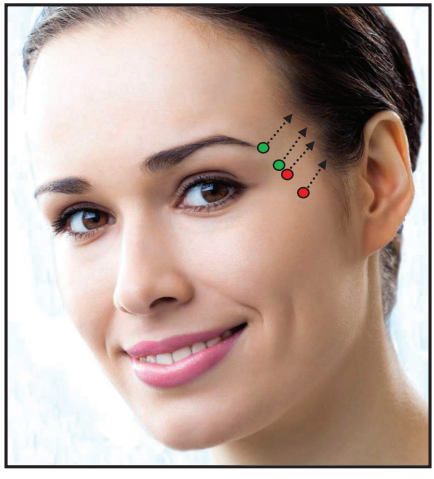


Figure 2



Advanced Techniques

Directions- Forehead

1. Position the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your scalp for a count of 4. (*Fig 1)*

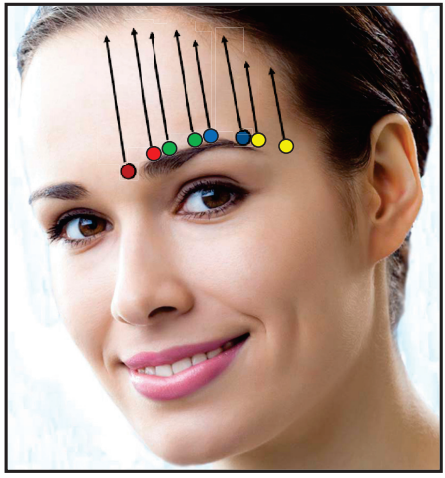
2. Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your scalp for a count of 4. (*Fig 1)*

3. Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your scalp for a count of 4. (*Fig 1)*

4.* Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your scalp for a count of 4. (*Fig 1)

Repeat 2 times on both sides of your forehead.

Figure 1



Advanced Techniques

Directions- Cheek Movement 1

1. Position the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your ear for a count of 4. ***(Fig 1)***

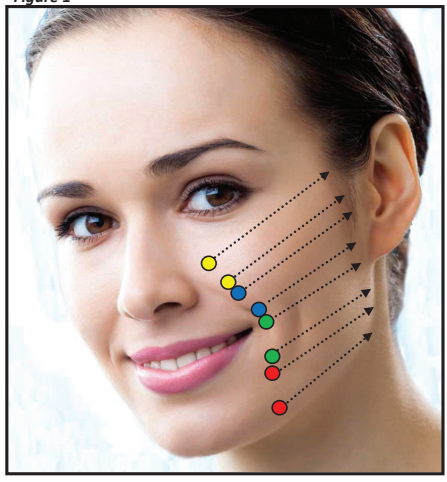
2. Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your ear for a count of 4. **(Fig 1)**

3. Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your ear for a count of 4. **(Fig 1)**

4. Finally, reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your ear for a count of 4. **(Fig 1)**

5. Repeat 2 times on both sides of your face. Do not allow the probes to touch your lips.

Figure 1



Advanced Techniques

Directions- Cheek Movement 2

1. Position the probes at the points marked and , along the jaw line. Hold for 4 seconds, then move the Myotone® slowly in the direction of the arrows towards your eye bone for a count of 4. ***(Fig 1)***

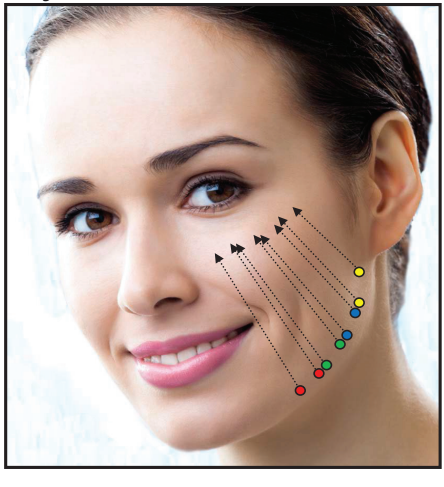
2. Reposition the probes at the points marked and , along the jaw line. Hold for 4 seconds, then move the Myotone® slowly in the direction of the arrows towards your eye bone for a count of 4. ***(Fig 1)***

3. Reposition the probes at the points marked and , along the jaw line. Hold for 4 seconds, then move the Myotone® slowly in the direction of the arrows towards your eye bone for a count of 4. ***(Fig 1)***

4. **Finally, reposition the probes at the points marked and , along the jaw line. Hold for 4 seconds, then move the Myotone® slowly in the direction of the arrows towards your eye bone for a count of 4.**
(Fig 1)

Repeat each step 2 times on both sides of your face.

Figure 1



Advanced Techniques

Directions- Chin Movement 1

1. Position the probes at the points marked and. Straddle your jawbone in the center of your chin with each electrode. Hold for 4 seconds then move the Myotone® slowly in the direction of the arrows towards your ear for a count of 4 seconds. ***(Fig 1)***

Directions- Chin Movement 2

2. Reposition the probes at the points marked and. Probes should only be placed directly centered under your chin in the tissue there, do not place the probes over trachea or midline of the neck. Hold for 4 seconds then move the Myotone® slowly up in the direction of the arrows. ***(Fig 2)***

3. Reposition the probes at the points marked and . Hold for 4 seconds then move the Myotone® slowly up in the direction of the arrows. ***(Fig 2)***

4. Repeat each step 2 times on both sides of the face.

Figure 1

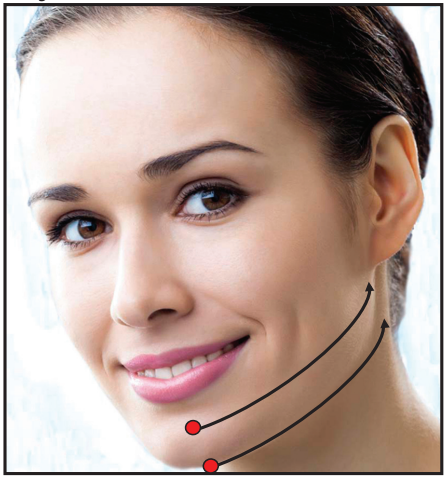
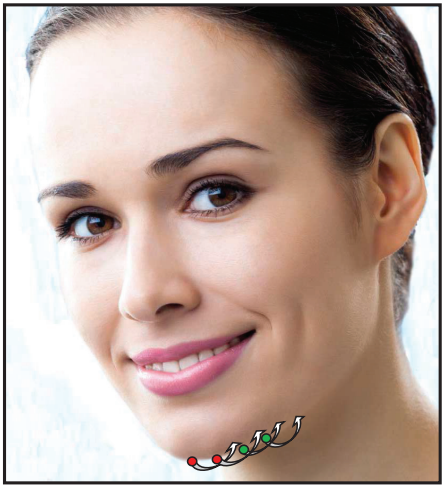


Figure 2



Advanced Techniques

Directions- Neck Movement 1

1. Position the probes at the points marked and , just above the collarbone. Move the Myotone® in the direction of the arrows for a slow count of 4, stopping just under the jaw line. ***(Fig1)***

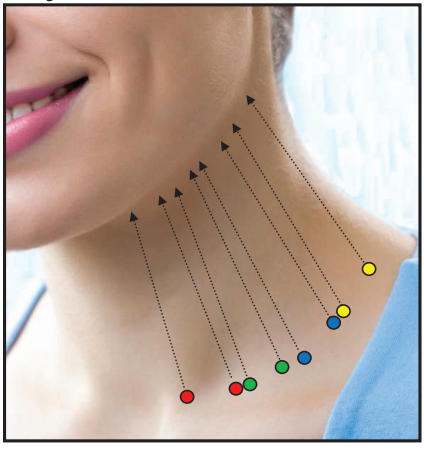
2. **Reposition the probes at the points marked and . Move the Myotone® in the direction of the arrows for a slow count of 4, stopping just under the jaw line.** ***(Fig1)***

3. **Reposition the probes at the points marked and . Move the Myotone® in the direction of the arrows for a slow count of 4, stopping just under the jaw line.** ***(Fig1)***

4. **Reposition the probes at the points marked and . Move the Myotone® in the direction of the arrows for a slow count of 4, stopping just under the ear and jaw line.** ***(Fig1)***

5. Repeat each step 2 times on both sides of the neck.

Figure 1



Advanced Techniques

Directions- Neck Movement 2

1. Position the probes at the points marked and (just above the collarbone) then move the Myotone® in the direction of the arrows for a slow count of 4, stopping just before the back of the neck. ***(Fig1)***

2. **Reposition the probes at the points marked and, then move the Myotone® in the direction of the arrows for a slow count of 4, stopping just before the back of the neck.** ***(Fig1)***

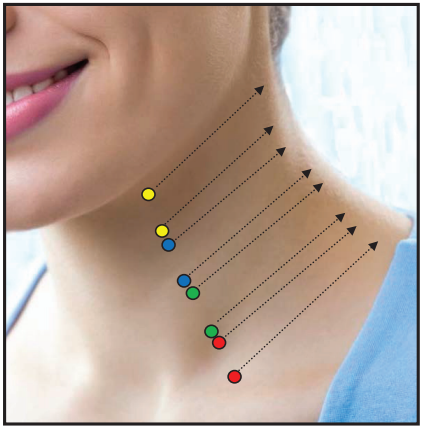
3. **Reposition the probes at the points marked and, then move the Myotone® in the direction of the arrows for a slow count of 4, stopping just before the back of the neck.** ***(Fig1)***

4. **Reposition the probes at the points marked and, then move the Myotone® in the direction of the arrows for a slow count of 4, stopping just under the ear before the back of the neck .** ***(Fig1)***

5. Repeat each step 2 times on both sides of the neck.

Note: Keep the probes away from the midline of the neck. Do not rest them near or on the trachea. Be sure to position them in the muscle just outside of the area.

Figure 1

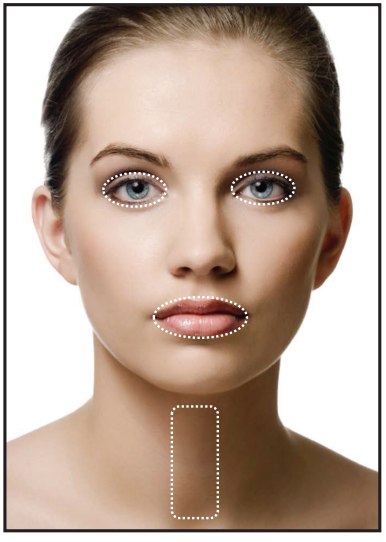


Areas To Avoid

WARNING:

Do not use your Myotone® on:

- **Mid-line of neck** (avoid area near or on the trachea for risk of potential problems with thyroid gland)
- **Mouth Area** (on top of the lips or touching the lips-if they happen to brush or briefly touch that is fine. Constant use on lips is not recommended)
- **Eye Area** (eyelid over the eye ball or eye ball itself)



Cleaning & Maintenance

After each treatment, wipe all application areas with a soft damp cloth. Do not use any other cleaning agents except water. To facilitate better conductivity, take special care when cleaning around the base of the metal probes to prevent product build-up. To insure the probes are cleaned properly, you should use a slightly damp Q-tip around the probes. Do not submerge your device in water or any other liquid.

Troubleshooting

If you are experiencing any problems with the performance or functionality of your Myotone® device, please make sure that the device is being charged from a working electrical outlet, and that the toning level is set properly. You may not feel the current but as long as the green LED light is lit on the toning level you have selected, your Myotone® should be functioning correctly. If problem persists please call our toll free number: 1-877-969-2811.

Indications for Use
Over-the-counter cosmetic use

Contraindication for Use
Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Warnings

- If you are in the care of a physician, consult with your physician before using this device;
- Do not apply stimulation around your mouth, eyes or vertical center of face and neck;
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal;
- Do not apply stimulation near the thorax which may increase the risk of cardiac fibrillation;
- Do not apply stimulation over painful areas. If you have painful areas, you should consult with your physician before using this device;
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;
- Do not use this device in close proximity to short-wave or microwave equipment;
- Do not apply stimulation when in the bath or shower;
- Do not apply stimulation while sleeping;
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
- Do not use the device on children, if it has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals; and
- Apply stimulation only to normal, intact, clean, healthy skin.

Myotone® should not be used by:

- Children
- Pregnant Women
- People subject to seizures
- People with cancer/tumors
- People with cardiac pacemakers
- People with implanted defibrillators/stimulators
- People with electronic implanted devices

Do not use Myotone® if you have or are experiencing:

Heart Conditions	Advanced Diabetes
Hemophilia	Multiple Sclerosis
Facial Paralysis	Epilepsy
Psoriasis	Skin Disorders

Do not use Myotone® if you currently have or use:

AHA Peels	Microdermabrasion
Retin-A	Renova

Do not use Myotone® directly on:

Open wounds or rashes	Enlarged moles
Recently damaged tissue	Injured or inflamed skin
Cancerous lesions	Painful areas

Precautions
Your Myotone® device is designed for cosmetic use only and for individuals in good health. If this is not the case for you, please consult your physician before use. Be sure to view your User Manual and Instructional DVD before using your Myotone®. A slight tingling sensation may occur while using the Myotone® device. Lowering the toning may reduce or eliminate this sensation. There also may be a perception of flashing lights during your Myotone® treatment resulting from the stimulation of your optic nerve. If this condition persists, please consult your physician.

- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. This can usually be reduced by using an alternate conductive medium.
- The safety of electrical stimulation during pregnancy has not been established.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Men should shave before use as hair can interfere with the conductivity of the electrodes. Areas beneath a beard or mustache cannot be treated.
- This device has been tested for EMC Interference and may produce EMC Interference. Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms).
- The Myotone® device should be kept out of the reach of children.

Adverse Reactions
There have not been any reported adverse reactions with the Myotone® device specifically. However, skin irritation and burns beneath the electrodes have been reported with the use of other electronic stimulators.

You may experience headache and other painful sensations during or following the application of electrical stimulation near or around your eyes and face. You should stop using this device and consult your physician if you experience any adverse reactions.

This device is solely intended for cosmetic use on the face. Any harmful consequence resulting from misuse or application to other body areas, connection improper voltage sources, dirty conductive solution or electrodes, or any other improper applications is neither the responsibility of Myo Technologies, Inc. nor its affiliates.

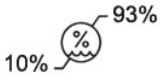
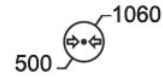
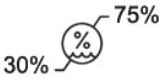
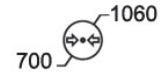
This device has been tested and found to comply with the limits for medical devices to the IEC 60601-1-2. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to other devices in the vicinity. However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to other devices, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving device.
- Increase the separation between the equipment.
- Connect the equipment into an outlet on a circuit different from that to which the other device(s) are connected.
- Consult the manufacturer or field service technician for help.

Explanation of Warning Symbols:

	Type BF applied part
	Attention, consult accompanying documents

Technical Specifications

Type of protection against electrical shock	Class II (while charging) or Internally Powered (while stimulating)
Degree of protection against electrical shock	BF
Degree of protection against ingress of water (IEC 529)	IPx0
Suitability for use in presence with flammable anesthetic mixture	Not suitable
Mode of operation	Continuous
Electrical Ratings (or Maximum Recurring Peak Voltage Rating)	3 current output settings of 160, 320 and 480 microamps respectively, chosen for low, medium and high settings with three maximum current voltages; 10, 15 and 20 volts, respectively.
Frequency	10 Hz
Power Supply	Only for use with supplied power supply DA12-050US-M
Storage & Transport Environmental Information	**Temperature Range** -15°C to 40°C (5° F to 104° F) **Humidity Range**  10 to 93 %RH **Pressure Range**  500 to 1060 hPa (15 to 31 inHg)
Operating Environmental Information	**Temperature Range** 10°C to 40°C (50° F to 104° F) **Humidity Range**  30 to 75 %RH **Pressure Range**  700 to 1060 hPa (21 to 31 inHg)
Waste Disposal (Battery)	disposed of in compliance with all applicable local, state, and federal laws and regulations

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